## Method and Use of Extract of a member of Typhaceae's Family

## Abstract of the Disclosure

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An extract of Typhae Pollen which is a traditional Chinese medicine consisting of flavonoids as active components includes at least one member of the group selected from kaempferol, quercetin and isorhamnetin and the derivatives of these active components. The present invention also relates to the degraded form of flavonoids, the metal derivatives formed with sodium and potassium salts, and the metal complex formed with a predetermined metal ion. The extract of Typhae Pollen is prepared by a plurality of extraction processes and has a plurality of functions for promoting health including lowering blood lipid level, preventing arteriosclerosis, promoting tolerance of brain and heart tissue under anaerobic condition, preventing blood platelet coagulation, preventing thrombosis and stop bleeding. The extract of Typhae Pollen of the present invention is also used for preventing and treating diseases related to blood vessels in brain and heart, and poor blood circulation induced diseases selecting from the group consisting of chest pain, stomachache, physical injuries, puerperium pain and menstruation.